

2 tablespoons butter
2 teaspoons salt
3-3½ cups flour

Pour water in large bowl, add yeast and stir until dissolved. Add honey, butter, salt and 2 cups of flour. Beat until well blended. Add remaining flour stir until doughy. Cover, let rise in warm place for 35 minutes.

Spoon down and put in greased 9x5x3-inch pan. Let rise for 40 minutes. Bake 45 minutes at 375°. Yields: 1 loaf.

HONEY TEA CAKES

2 cups sifted flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 eggs
1 cup HONEY
1 teaspoon lemon extract
1 cup sour cream

Mix dry ingredients. Beat eggs until frothy. Gradually add honey then flavoring. Then alternate flour and sour cream to mixture.

Bake in small muffin pans (greased) for 20 minutes at 350°.

HONEY CHOCOLATE CAKE

2 eggs
⅔ cup butter
1 cup HONEY
2 cups sifted cake flour
⅓ cup cocoa
1 teaspoon salt
1 teaspoon soda
2 teaspoons baking powder
¾ cup buttermilk
1 teaspoon vanilla

Cream butter and honey. Beat in the eggs. Sift flour, cocoa, salt, soda and baking powder together 3 times.

Add dry ingredients alternately with the buttermilk and vanilla to the creamed mixture and beat thoroughly.

Pour batter into 2 greased and floured 8-inch cake pans. Bake at 350° for 30 minutes. Cool, then spread with desired frosting between layers and on top.

HONEY JELLY

3 cups (2¼ lbs.) strained HONEY

1 cup water
½ cup (½ bottle) pectin

Mix honey and water, heat to boiling point quickly and add pectin at once, stirring constantly. Then heat to a full rolling boil and immediately remove from heat.

Skim; pour quickly into sterile jelly glasses and seal with paraffin at once. Yields: 5 (6 oz.) glasses.

NO-BAKE HONEY CHEWS

1 cup peanut butter
½ cup HONEY
¾ cup raisins
¼ cup cocoa
½ teaspoon vanilla
1½ cups chopped nuts
1½ cups coconut
1½ cups crushed cereal

Mix peanut butter and honey together and add raisins, cocoa and vanilla. When mixture is well blended, spread chopped nuts, coconut and crushed cereal on wax paper. Drop honey mixture by teaspoonfuls and roll in coating until well covered. Chill until firm.

Grace Ann Jones, is the daughter of Mr. & Mrs. B. L. Harkey and Mr. & Mrs. Mel R. Jones.

She is seventeen years old, a Senior at Andrew Jackson High School in Jacksonville, Florida, and her future plans are to attend college and major in Public Relations.

Grace enjoys singing, acting, playing her guitar and most of all promoting HONEY.

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Grace Ann Jones
FLORIDA HONEY QUEEN

**1982
HONEY
RECIPES**

IT TASTES BETTER WITH HONEY

HINTS ABOUT HONEY

WHEN TO USE HONEY — Use honey whenever you want to add a sweetly smooth and distinctive taste to your recipes. Honey has marvelous "keeping" qualities due to its ability to absorb and retain moisture which retards drying out and staling of baked goods. Cakes and cookies in which it is an ingredient stay fresh and moist much longer than those made without it. If you're baking goodies for children away at school or young men overseas in the armed forces or just friends half a continent away, honey will help keep them oven-fresh. Using it also means you can make party desserts well ahead of time and still be prepared to bow to the compliments of your guests.

HOW TO USE HONEY — In a cake or cookie recipe that calls for other sweetening, the general rule is to reduce the amount of liquid one-quarter cup for each cup of honey used. Honey may be substituted for sugar cup for cup. When honey is substituted in baked good, add $\frac{1}{2}$ tsp. baking soda to the recipe for every cup of honey used and bake at a lower temperature.

STORING HONEY — Honey should be stored in a tightly-covered container in a dark, cool place. Freezing or refrigeration will not harm the honey but may hasten granulation. If granules do form, place the jar of honey in a bowl of warm water (no warmer than the hand can stand) until all crystals are melted and honey is liquid. Too high a temperature will scorch the honey.

TYPES OF HONEY — Honey varies in color and flavor, depending upon the plant sources from which the bees gathered the nectar. It is generally classified and sold as liquid, comb, solid, chunk and cut comb and is free of crystals. *Comb Honey* is sold in the comb as stored by the bees. *Cut Comb Honey* is cut into small chunks and wrapped in individual cellophane-covered cartons. *Solid Honey* is partially or wholly solidified or granulated and is referred to as candied, creamed or churned. *Chunk Honey* is a combination of liquid and comb honey packaged in jars or pails.

HONEY AND VITAMINS — Honey contains thiamine, riboflavin, ascorbic acid, pyridoxine, pantothenic acid, and nicotinic acid, all of which play vital roles in human nutrition.

HONEY CONTAINS MINERALS — Among the mineral elements found in honey are iron, copper, sodium, potassium, magnesium, manganese, calcium and phosphorous. These elements are all essential to good nutrition.

HONEY AND ENERGY — Honey is already 90% predigested when it reaches the table, because it is already naturally in its simplest form of dextrose and levulose. As a result, little digestion of honey is necessary and absorption takes place quickly. Therefore, honey is a good quick energy food (as many athletes already know!)

HONEY GLAZED CARROTS

5 medium carrots, peeled
 $\frac{1}{3}$ cup water
 $\frac{1}{4}$ teaspoon salt
2 tablespoons HONEY
2 teaspoons lemon juice
 $\frac{1}{4}$ teaspoon ground cinnamon

Cut carrots into $\frac{1}{2}$ inch slices. Combine carrots, water, and salt in a small saucepan; cook until crisp-tender. Drain.

Combine carrots, honey, lemon juice, and ground cinnamon in a small saucepan; cook over medium heat, stirring gently, until carrots are glazed (about 5 minutes). Yield: 2 servings.

CANDIED SWEET POTATOES

10 medium-size sweet potatoes, cooked
1 teaspoon salt
1 $\frac{1}{2}$ cups HONEY
 $\frac{1}{2}$ cup melted butter or margarine
 $\frac{1}{2}$ cup chopped pecans
20 large marshmallows

Peel potatoes; slice into thirds, and arrange in a lightly greased 13 x 9 x 2 inch baking dish. Sprinkle with salt; pour HONEY and butter evenly over potatoes, and sprinkle with pecans.

Bake at 350° for 35 minutes. Arrange marshmallows over potatoes; bake an additional 10 to 12 minutes or until marshmallows are lightly browned. Yield: 10 servings.

SOUTHERN CHICKEN

1 cup Barbeque Sauce
 $\frac{1}{4}$ cup HONEY
1 teaspoon lemon juice
2 to 2 $\frac{1}{2}$ lbs. fryer pieces
salt & peper (to taste)

Combine barbecue sauce, honey and lemon juice. Brush chicken frequently during last 10 minutes of grilling time. Yields: 4 to 6 servings.

FRUIT BARBECUE SAUCE

1 cup pineapple juice
1 cup fresh orange juice
 $\frac{1}{2}$ cup catsup

2 teaspoon prepared mustard
 $\frac{1}{4}$ cup HONEY
1 tablespoon butter
2 teaspoons salt

In saucepan, mix all ingredients. Simmer uncovered for 30 minutes, until slightly thickened. Baste chickens frequently with sauce. Makes enough sauce for basting three 2 $\frac{1}{2}$ pound chickens.

HONEY FRUITED PORK CHOPS

4 double loin pork chops
1 (8 $\frac{1}{2}$ oz.) can sliced pineapple
 $\frac{1}{2}$ cup HONEY
 $\frac{1}{4}$ cup pineapple syrup
1 tablespoon prepared mustard
Maraschino cherries

Cut a pocket into each chop and insert a half slice of pineapple. Combine honey, pineapple syrup and mustard and spoon a little over each chop.

Bake at 350 for 1 and $\frac{1}{2}$ hours, drizzle honey sauce over the chops frequently. Remove chops from oven. Top each with $\frac{1}{2}$ slice of pineapple and marachino cherry. Return to oven briefly to warm the fruit. Heat any remaining honey sauce and serve with chops. Yields: 4 servings.

GRANOLA

2 $\frac{1}{2}$ cups oats
 $\frac{1}{2}$ cup almonds
 $\frac{1}{2}$ cup sunflower seeds
 $\frac{1}{2}$ cup HONEY
 $\frac{1}{2}$ cup dried apricots: chopped
1 cup coconut
 $\frac{1}{2}$ cup sesame seeds
 $\frac{1}{2}$ cup wheat germ
 $\frac{1}{4}$ cup oil
 $\frac{1}{2}$ cup raisins

Mix all ingredients except fruits. Bake at 300° in shallow pan for 1 hour. Stir often. Add fruit and cool.

EASY BREAD

1 cup lukewarm water
1 pkg. yeast
 $\frac{1}{2}$ cup HONEY